

SHRED TRAINING PROGRAM: WEEKS 9-12

INTERMEDIATE: TRAINING IN THE GYM

WEEKLY PLAN



MONDAY	CARDIO (MORNING) - CHEST, BICEPS, TRICEPS & ABS (AFTERNOON)
TUESDAY	SHOULDERS & BACK
WEDNESDAY	CARDIO (MORNING) -LEGS (AFTERNOON)
THURSDAY	CHEST, BICEPS, TRICEPS & ABS
FRIDAY	CARDIO (MORNING) - SHOULDERS & BACK (AFTERNOON)
SATURDAY	LEGS
SUNDAY	CARDIO (OPTIONAL)

MONDAY & THURSDAY: CHEST, BICEPS, TRICEPS & ABS

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Chest	Barbell Bench Press	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Warm up with a light weight then perform your 4 sets. You can perform this exercise with free weights or a pin loaded machine. Your final set should feel quite heavy and last few reps should be difficult or performed as forced reps
	Incline Dumbbell Press	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Start with relatively light dumbbells and increase the weight on each set. Your final set should feel quite heavy and your last few reps should be difficult or performed as forced reps.
	Flat Bench Dumbbell Flyes	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Use moderate weight dumbbells, lie on a bench and perform Dumbbell flyes using a wide arc. When the dumbbells are at their highest point and touching, contract and squeeze your chest muscles for added intensity. A Pec Dec machine can also be used for this exercise
Biceps & Triceps Supersets (Perform Biceps exercise immediately followed by Triceps exercise)	Standing Barbell Biceps Curl	4 x 10 - 12 repetitions	Grip a barbell at about shoulder width and start with your arms hanging straight. Curl the weight up in a controlled and steady arc until your biceps are fully contracted, then lower again in a controlled arc. For added intensity squeeze your biceps for a count of one in the contracted position. Increase the weight with each set. If you have to heave up the weight or arch your back, it's too heavy.
	Superset with Lying Triceps Extension	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	You can use a straight or EZ bar for this exercise. Lying on a bench, start with grip a bit less than shoulder width and the weight extended overhead. Keeping your upper arms still, lower the weight by bending at the elbow until the bar or your hands just touches the top of your head. Push the bar back to the straight arm position in a smooth and controlled arc.
	Seated Alternate Dumbbell Curls Superset with Close Grip Push Ups	4 x 10 - 12 repetitions 3 x 10 - 15 repetitions Rest 1 - 2 minutes between sets Last set - repetitions to failure	Grip a barbell at about shoulder width and start with your arms hanging straight. Curl the weight up in a controlled and steady arc until your biceps are fully contracted, then lower again in a controlled arc. For added intensity squeeze your biceps for a count of one in the contracted position. Increase the weight with each set. If you have to heave up the weight or arch your back, it's too heavy. Adopt a push up position but with your hands close together under your chest, with your thumbs just touching. Press up and down like a push up but focus on keeping your elbows tucked in close to the side of your body. You should feel the majority of the effort in your triceps. For your last set do as many repetitions as you can.
Abdominals	Plank	2 x 1 minute sets Rest 1 - 2 minutes between sets	Adopt a push up position and raise your upper body by resting on your forearms and raise your lower body up on your toes. Keep your back straight and parallel to the floor and hold that position for one minute.
	Crunches	2 x 20 repetitions Rest 1 - 2 minutes between sets	Lie on your back with your knees bent. Place your hands on your thighs, then contract or crunch your abs muscles to lift your shoulders and head off the ground. Slide your hands up your thighs until they go over your knees, then lower your upper body down again to the starting position.

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SUNDAY	CARDIO (OPTIONAL)

TUESDAY & FRIDAY: SHOULDERS & BACK

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Shoulders	Seated Dumbbell Press (Tuesday Workout)	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Start with a light weight to warm up your shoulders then perform your 4 working sets. Start with the dumbbells lightly touching your shoulders then press up powerfully and lower slowly. Increase the weight with each set but make sure you maintain good form. Don't arch your back excessively.
	<i>Alternate With</i> Barbell Clean & Press (Friday Workout)	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Take a shoulder width overhand grip on a barbell with a weight you can press overhead for about 8 repetitions. Lift the weight and start in a standing position with the barbell hanging in front of you. With a slight bend in your legs lift the weight to your shoulders, pause for a brief moment, the press overhead. Lower your weight to your shoulders, then lower to the starting position with the weight hanging in front of you. That's one rep.
	Dumbbell Side Raises	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Start with a relatively light weight that allows you to perform this exercise correctly. Your arms should be hanging by your sides with a moderate elbow bend. Lift your arms in an arc to the side, concentrating on keeping your elbows high and holding your hands in a position that emulates pouring water out a jug. This should produce a strong burn in your side deltoid muscle when performed correctly. Don't raise your hand higher than your ears.
	Dumbbell Bent Over Rear Delt Raises	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Use a moderately light set of dumbbells. Bend at the waist and let the dumbbells hang down with palms facing each other. Lift the dumbbells up in an arc keeping your arms slightly bent and keep your elbows forward. Raise to just below the height of your shoulder, pause for half a second, then lower in a controlled arc. You should feel a strong burn in your rear delts if you are doing this right.
Back	Wide Grip Lat Pull Downs (Tuesday Workout)	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Use a wide overhand grip and pull the bar down to your chin or upper chest. Lower in a controlled movement for a count of 2. Increase the weight on each set until you can only just do 10 reps on your last few sets.
	<i>Alternate With</i> Close Grip Lat Pull Downs (Friday Workout)	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Use a narrow underhand grip or a narrow handle and pull down to the top of your chest with a slight arch in your back. Stretch your back muscles when your arms are extended. Increase the weight in each set but keep the movement smooth and controlled.
	Seated Cable Rows	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Focus on contracting your back muscles to pull the weight towards you and stretching your back as your arms extend away from you.
	Dumbbell Pullovers	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Lie across a bench with your upper back supported. Take a moderate weight dumbbell and hold it with both hands under one side of the plate, thumbs around the shaft. Lift the weight so that it is above your face and arms slightly bent. Slowly lower it behind your head until you get a good stretch in your back then return to starting position. For proper technique check this exercise on Youtube.

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WEDNESDAY & SATURDAY: LEGS

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Legs	Barbell Squats (Wednesday Workout) <i>Alternate With</i>	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	You will need a squat rack to perform this exercise properly. Your feet should be shoulder width apart and the bar should sit comfortably across your shoulders. When squatting, keep your head up and your back straight. Squat down until your thighs go a little further than parallel to the floor, then push back up through your heels.
	Seated Leg Press (Saturday Workout)	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Use a shoulder width foot spacing and start with a few lighter warm up sets and then work up to 2 heavy sets. Push through your heels for maximum quad stimulation.
	Leg Extensions	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Start with a lighter weight and increase each set until the final set is difficult and produces a strong muscle burn. Use a controlled movement taking care not to throw the weight up and extend your leg past horizontal.
	Lying Leg Curl (Wednesday Workout) <i>Alternate With</i>	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	This exercise works the hamstring and is important for balanced leg development. Start with a lighter weight and work up to a final heavy set. Hold your leg in the contracted position for a count of 2 for added intensity.
	Stiff Leg Dead Lift (Saturday Workout)	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Another good hamstring exercise. Start with a medium weight barbell, holding it in front of you, arms hanging with an overhand grip. Bend forward from your hips, not your lower back, hanging the dumbbell down until you get a good stretch in your hamstrings. Contract your glutes as you return to standing position pivoting through your hips.
	Barbell Deadlifts	4 x 10 - 12 repetitions Rest 1 - 2 minutes between sets	Start with a medium weight, about the same weight you used for squatting. Squat down behind the bar, take an overhand and underhand grip, then rise into a standing position lifting the bar with your arms straight and hanging down. Keep your back straight, your chin up and lift with your legs. Lower the weight back down to the floor - that's one rep. Increase the weight on each set.
Calves	Standing Calf Raises	4 x 20 repetitions Rest 1 - 2 minutes between sets	Start with a relatively light weight and do a warm up set, then increase the weight on each set. Aim for a full stretch at the bottom and full contraction at the top on each rep.